

The Resilient Library Newsletter

October 25, 2020

Volume 1, Issue 2

PLEASE NOTE:

Many of the images and underlined text in this newsletter have hyperlinks to their corresponding websites

Press **Ctrl+click** on images and underlined text to be directed to those websites

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How to Cope With Loneliness During the Coronavirus Pandemic

By Arlin Cuncic

What's the best way to get through this period of isolation? There are many strategies that you can employ to ensure your well-being and good mental health. Most of these involve either finding ways to distract (keep busy) or finding ways to connect with others (despite the circumstances).

In contrast, staying social in non-traditional ways can help you to feel less isolated and combat loneliness.

If you are unable to go places or interact socially with many people at this time, you might be wondering what you can do. [On Page 6} are some ideas on how to manage your feelings of loneliness during these times.

Keep to a Schedule

Even if you are isolated at home, try to keep to a regular schedule as much



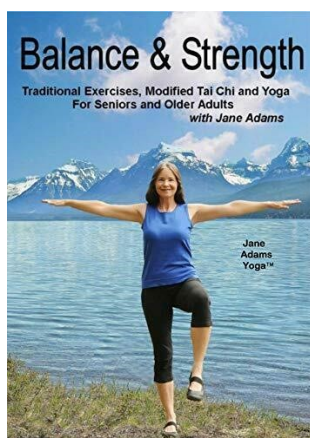
as possible. While loneliness can feel like it will never end, trying to make these days feel as "normal" as possible will help you to get through. Start each day with a plan

of a few things that you will do, keep a daily diary about how you are feeling and what you are doing, and keep a symptom log if you are managing illness. All of these tracking sys-

See **Coping**, page 2



**“taking on
little projects
or finding
other forms
of distraction
can help to
keep your
mood level.”**



Coping (from page 1)

tems will help you to feel like you are being proactive about the situation.

Stay Informed

While you do not want to feed your anxiety and fear through constant updates about the state of the virus, keeping up to date on the latest advice and health information may give you an edge when it comes to protecting your mental health (and, as a result, reducing the impact of loneliness).

Limit your media consumption to an extent. Watching too much news, reading too many articles, and consuming too much content can be overwhelming. You might decide to check the news twice a day. Or you might decide to limit your time on social media if everyone is talking about the virus. Make sure you seek sites that give factual information about what you can do to stay healthy, such as the [CDC](#) [or your [state](#) or [local health department](#)].

Stay Active

While it's easy to focus ex-

clusively on how to manage your mental health and loneliness directly during a crisis, we sometimes forget that our physical and mental health are delicately intertwined.

If you spend weeks of isolation not getting any exercise, this will have a detrimental effect on your ability to cope mentally. Below are some ideas of at-home activities that you can keep doing to stay active.

- Practice Tai Chi, yoga, or at-home low impact workouts by following YouTube videos [or check out some exercise DVDs from your library]
- Go for walks around your neighborhood (or walk on a treadmill if you have one and are concerned about going outside)

Do Something Meaningful

Another contributor to feelings of loneliness can be a loss of sense of meaning. If you are finding that you feel not just bored, but also as though you are losing your sense of self, then a loss of meaning might be affecting you.

Only you know what will create meaning in your life, but below are some ideas to get you started:

- Sign up for an online course and do a bit of work each day Create a family tree using genealogy websites
- Sign up to be an online volunteer through the United Nations

[See our [Learning Express Library](#), [Universal Class](#), and

[Ancestry Library Edition databases on the Salem Public Library's website](#), see page 9.]

Connect With Others

Perhaps the best thing you can do to combat loneliness during this period of isolation is to connect with others in non-traditional ways. While you may not be able to visit with family and friends in person, that does not mean that you cannot connect.

Family & Friends

Can you think of any out-of-the-box ways to stay in contact with friends and family? If you are comfortable using technology, there are numerous ways you can stay in touch. If you prefer more traditional ways of communicating, there are still options for you. [On the next page] are some ideas to stay in touch with your loved ones.

- Send a handwritten letter or postcard
- Call someone on the telephone (particularly on days you are feeling lonely)
- Place calls using video chat services like Facetime or Zoom
- Post on social media or respond to other's posts
- Stay in touch by texting or instant messenger

Find Sources of Comfort

Finding ways to give yourself comfort even when you are feeling lonely can help to

(continued on next page)

Coping (cont'd from page 6)

improve your mental health. Below are some ideas of “comfort measures” that you can take even if you are alone.

- Give yourself a foot massage or use a foot spa
- Take a bath
- Focus on your pet
- Cook healthy comfort food
- Watch favorite TV shows or read favorite books
- Have a cup of herbal tea (chamomile will help you to relax)
- Light scented candles (Lavender will help to reduce stress)
- Practice sleep hygiene to make sure you are getting enough rest

Create Something

There's a reason why artists enjoy becoming swept away by their work. Expressing yourself through creative means can be therapeutic, whether it involves painting, writing, dancing, etc. If you're finding it hard to express what you are feeling, channeling your feelings into creating something can

be cathartic. In addition, when you create something you enter the “creative magic zone,” which can be a form of meditation itself.

Below are a list of projects that you could try.

Writing Projects

- Practice writing in a journal each day
- Take up hand lettering or calligraphy
- Start a daily blog journaling your experiences for others to read
- Write poetry or Haiku
- Write short stories or start the novel you've always wanted to write

Art Projects

- Complete a paint-by-number project
- Start a needlework, knitting, or crochet project
- Compile a photo album that you can share later with others
- Work on an adult coloring book
- Take up a new hobby like jewelry making
- Take up origami
- Recreate a classic painting

using torn paper (see instructions on page 10)

Home Projects

- Choose a space in your home and start an organizing project
- Choose a room in your home and redecorate by moving things around or moving things from other rooms

If you're having trouble coming up with projects, focus on the ones that you can do with what you already have on hand. You could even focus on... cooking or baking projects.

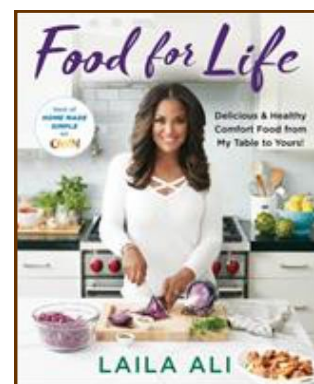
Distract Yourself

Another way to boost your mental health is to find healthy distractions. This might come in the form of reading, watching shows, listening to music, or finding other activities that interest you. Below are some ideas.

Read

- Go back and re-read some of your favorite

(Continued on next page)



These books are available for checkout through rvl.info

Recreate a Classic Painting Using Torn Paper

Printed matter like magazines, advertisements and comic books are just some of the raw materials used in Vik Muniz's meticulously-crafted collages. The artist, who lives and works in both Rio de Janeiro and New York, takes irregularly-sized strips of paper and assembles the hundreds (if not thousands) of individual parts into one cohesive image.



Doing
something
meaningful
each day,
even if for only
a short period,
will give you
a sense of
purpose
and
identity.

Coping (cont'd from page 7)

childhood books

- Join an online book club like the ones at [Goodreads.com](https://www.goodreads.com)
- Give yourself a reading challenge [or participate in the [Salem Library's Reading Challenge](#)] by choosing a list of books you've always wanted to read or a list based on a theme (e.g., books all set in places you've always wanted to visit)
- Read books of poetry if you find it too hard to concentrate on longer books
- Read magazines on topics that interest you
- Listen to audiobooks through services like Audible or Scribd [or check them out from the Salem

Library] if you struggle to read or have vision problems

Watch TV/Movies

- Watch [TED talks](#) [online] about topics that interest you
- Watch a series of movies on a theme (comedy movies will help to ease your stress)
- Watch documentaries on topics you've wanted to catch up on
- Listen to podcasts on topics you like

Create or Listen to Music

- Go back and listen to your favorite songs from when you were young
- Create a playlist of happy songs and listen to those
- Play an instrument

Other Fun Ideas

- Take a virtual tour: Many museums offer digital access to their collections including [the Louvre](#) and [Guggenheim](#) [go to SalemMuseum.org for [Salem Museum Visits by Video: History All Around Us](#)]
- Play games that engage your mind such as [Sudoku](#), [crossword puzzles](#), solitaire, or online chess

Plan for the Future

While it might feel like this loneliness will last forever, there will come a time that you'll be back to your usual routines. One way to feel less alone now is to make plans for the future or do things that help you focus on the future.

- Make a "future list" of all the things you want to do
- Order online and plant some spring bulbs
- Plan a fun event for when you are out of isolation
- Make a bucket list of things to do in your lifetime
- Make a "goals" list for some area of your life

Practice Self Compassion

Most importantly, practice self-compassion during this difficult time. If you find yourself saying things like "I shouldn't be feeling this way" or pushing away difficult emotions, this will only make your loneliness persist. Remember that your feelings will change. If you are struggling, try practicing guided meditation following a Youtube video [or call SAMHSA's free 24-hour Disaster Distress Helpline at 1-800-985-5990].

Show Compassion to Others

It might seem counterintuitive, but if you are struggling yourself, sometimes offering help to others who are feeling lonely can make you feel less lonely yourself. Make a phone call, send a text, send a letter, or comment on someone's social media posts. Be supportive and offer words of encouragement.

Coping as an Older Adult

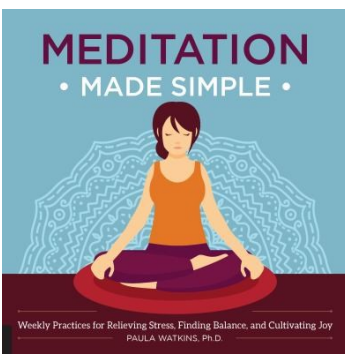
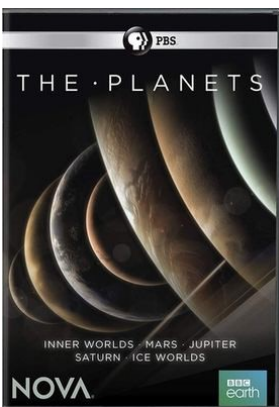
- Make phone calls to relative on a regular sched-

ule, so that they can check in with you and learn about your needs.

- Ask for help from family members when you need it and be specific about how they can help.
- Check to see if your community offers specific shopping hours for seniors so that you can shop for food during low-risk times when absolutely necessary.

Excerpted from <https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>

Arlin Cuncic holds a BA in psychology from the University of Western Ontario, London, Ontario, Canada and an MA in clinical psychology from York University, Toronto, Canada. In addition to her self-help book, *The Anxiety Workbook*, she is the founder of the website *About Social Anxiety*, which offers help to those with social anxiety including a cognitive-behavioral therapy (CBT) workbook.



Click on image to go to our library catalog to request items

IF YOUR
COMPASSION
DOES NOT
INCLUDE
YOURSELF,
IT IS
INCOMPLETE.

buddha

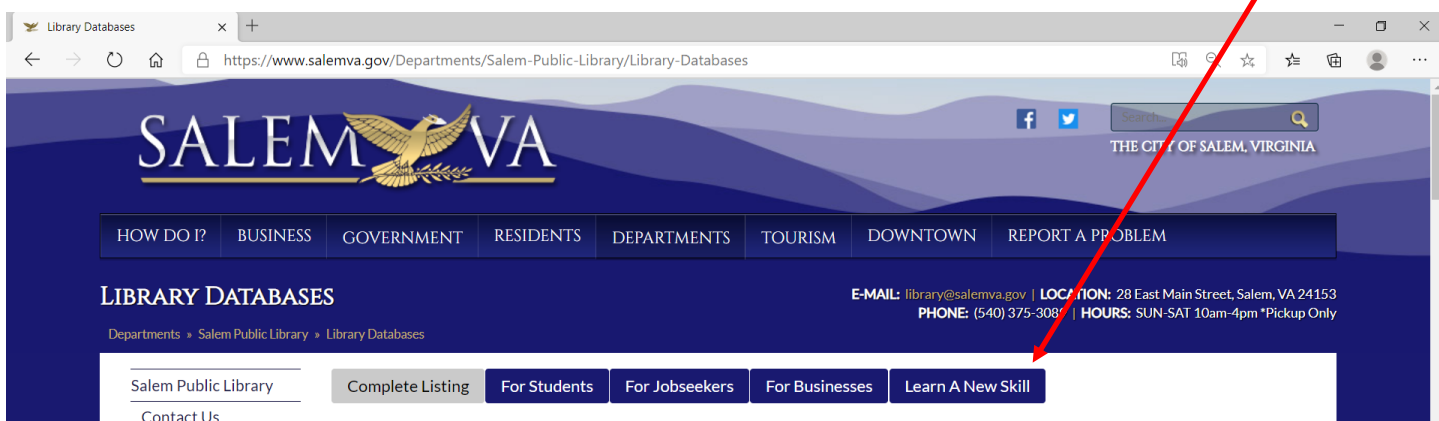
A Little Bit Techie—Locating the Library Databases

1. In your browser, go to the [Library's Website Home Page \(https://www.salemva.gov/Departments/Salem-Public-Library\)](https://www.salemva.gov/Departments/Salem-Public-Library)
2. Click on [“Library Databases”](#)



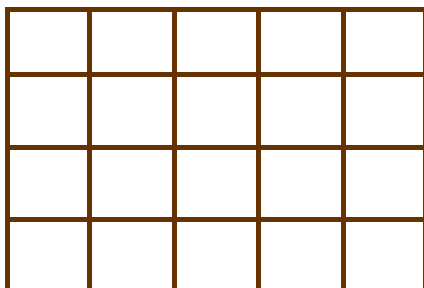
3. To be directed to all of the databases for adult learning, click on the **“Learn A New Skill”** tab.

- [Learning Express](#) includes online courses for computer programs such as Word, Excel, and Photoshop.
- [Pronunciator](#) is the world's largest language-learning service with 3,750 available courses.
- [Rocket Languages](#) is an interactive, online language learning tool designed to get fast results.
- [Universal Class](#) for on-demand courses in a wide range of subjects, including mathematics, writing, business, health, computer software, coding, crafts and much more! Suitable for teens and adults.

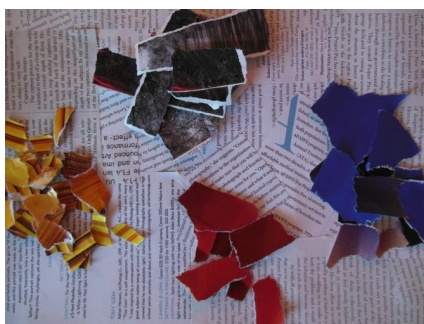




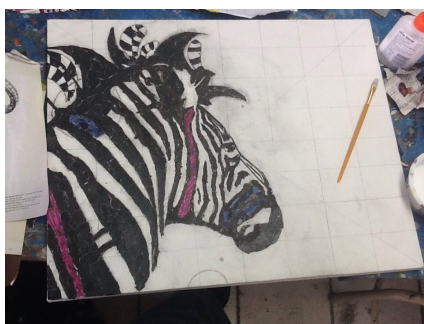
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The grid



Torn paper



Gluing torn paper



Finished paper collage

Artful Distractions—Torn Paper Art

HOW TO MAKE A PAPER COLLAGE WITH TORN PAPER

Paper collage is a technique where the artwork is created by assembling different forms and shapes of torn paper to eventually create a whole image.

To create a torn paper collage you will need:

1. A board, a canvas, or heavy watercolor paper (200 lb. or heavier)
2. Magazine paper, advertisement inserts from the newspaper, etc.
3. Glue
4. Paintbrush
5. Ruler
6. Pencils/markers/pens
7. Optional: Paint and/or coloring pencils and scissors

Step 1: Your Image—Pick any picture or image (could be a landscape, an animal, a classic painting, etc.) that you like and base your collage off of that. (See the National Gallery of Art's website www.nga.gov for images of classic paintings. Contact the library if you don't have a printer at home and would like an image printed.)

Step 2: The Grid—To properly transfer your image to your canvas, draw a grid on both your image and your canvas using a ruler and pen/pencil/marker.

Step 3: Transferring Your Image—Using your pencil, copy whatever is in a certain box on the grid of your image into the same box on the grid on your paper.

Step 4: Distinguish the Parts of Your Image—Use paint, coloring pencils, or simply write the name of the colors in their desired areas. This makes it easier to arrange the colors of torn paper.

Step 5: Get the Torn Paper—Find pages of magazines or advertisements that match the colors you are using and tear them into small pieces. (This is where the scissors are optional depending on how you want your collage to come out. The scissors may make a cleaner cut but you may prefer the rough look tearing the paper provides.)

Step 6: Make Your Canvas Sticky—Using a paintbrush, lightly spread layers of glue on your canvas.

Step 7: Put It Together—While your canvas is still wet with glue, place the pieces of paper in the desired locations (by size and by color).

Step 8: Repeat—Continue to spread glue on your canvas and place pieces of paper as needed.

Step 9: Wrap It Up—When finished placing your torn paper on your canvas and you have your desired look, spread one last layer of glue onto your art. This flattens any bumpy or rising pieces of paper and makes it look smoother. Wait for it to dry and hang your masterpiece.

Adapted from <https://www.instructables.com/How-to-Make-a-Paper-Collage/>

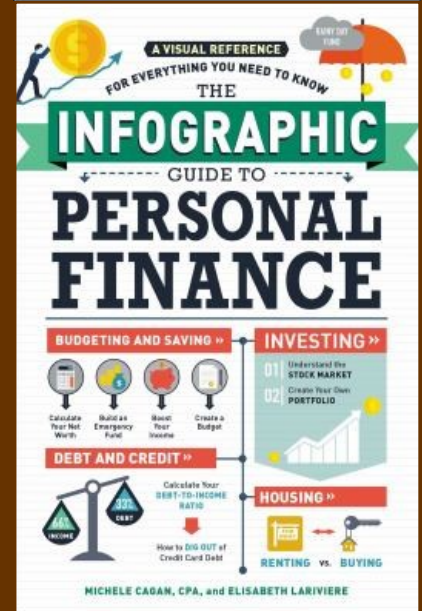
If you'd like to share your masterpiece with our library community, feel free to email your selected image, your finished work, and your name (as you would like it to appear) to library@salemva.gov and we'll post it online—and THANK YOU!

May We Recommend...

The Infographic Guide to Personal Finance: A Visual Reference for Everything You Need to Know

By Michele Cagan, CPA, and Elisabeth Lariviere

This illustrated beginner's guide to personal finance distills essential information into small, easy-to-follow steps to help you get your finances in order. In *The Infographic Guide to Personal Finance*, you will learn all the skills you need to make good financial decisions and grow your personal wealth. Full of colorful descriptions organized in an easy-to-read format, this book contains infographics such as: Choosing your bank; Building an emergency fund; Choosing a financial planner; Where your money is going; What not to buy; Health insurance; Property insurance; What federal taxes pay for. With the help of this guide, you'll learn how to make good investments, budget, and more!



AVAILABLE FOR
CHECKOUT AT
WWW.RVL.INFO.

Money Smart (<http://www.fdic.gov/consumers/consumer/moneysmart/>) is a comprehensive online financial education curriculum designed to help low- and moderate-income individuals outside the financial mainstream enhance their financial skills and create positive banking relationships. Money Smart has reached over 2.75 million consumers

since 2001. Research shows that the curriculum can positively influence how consumers manage their finances, and these changes are sustainable in the months after the training.

The **Computer-Based Instruction (CBI)** features a game-based learning design and separate learning tracks for adults and young adults age 13 and older. A CD-ROM version can be ordered at catalog.fdic.gov for those without internet access.

The **Podcast Network** is the portable audio (MP3) version of Money Smart.

Keep Moving—May We Recommend...

Classical Stretch. Posture & Pain-Relief for Beginners; Mobility & Bone Strengthening for Beginners [DVD]

with Miranda Esmonde-White

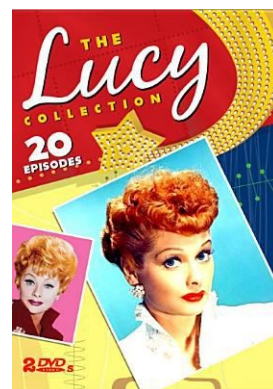
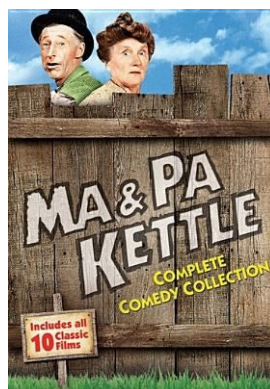
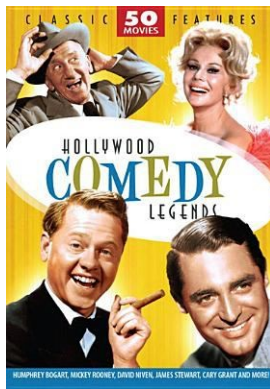
Posture & pain-relief. "In order to maintain our youth and vitality-we need to remain pain-free, energetic, and have correct posture. Miranda's gentle, full-body beginner workouts will help you achieve these goals by unlocking your body, boosting your energy and setting you on the path towards aging backwards. ...these two Essentrics workouts will engage every muscle in your body, liberate your joints and improve your overall health."

Mobility & bone strengthening. "Discover how to reawaken the power of your 650 muscles and help increase mobility, improve flexibility and build strong bones. Miranda's two gentle, full-body workouts focus on improving mobility and providing relief for stiff joints, frozen shoulder and chronic aches and pains. No matter your age or fitness level-these beginner workouts are a great place to start for those who are starting to exercise after a long sedentary period."

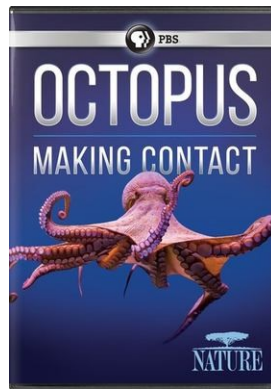
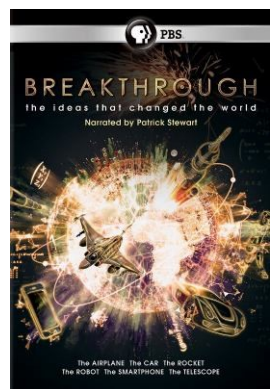
AVAILABLE FOR CHECKOUT AT WWW.RVL.INFO



Comedy DVDs—May We Recommend...



Documentary DVDs—May We Recommend...



If interested in requesting an item for check-out, click on the image to be directed to our [library catalog](#).

Grow, Sow, Repeat—37 Ways to Know You're Addicted to Gardening

Excerpted from [Mike's Backyard Nursery](#) blog by Mike McGroarty

1. Your neighbors recognize you in your pajamas, rubber clogs and a cup of coffee.
 2. You grab other people's banana peels, coffee grinds, apple cores, etc. for your compost pile.
 3. You have to wash your hair to get your fingernails clean.
 4. All your neighbors come and ask questions.
 5. You know the temperature of your compost every day.
 6. You buy a bigger truck so that you can haul more mulch.
 7. You enjoy crushing Japanese beetles because you like the sound it makes.
 8. Your boss makes "taking care of the office plants" an official part of your job description.
 9. Everything you touch turns to "fertilizer."
 10. Your non-gardening spouse becomes conversant in botanical names.
 11. You find yourself feeling leaves, flowers and trunks of trees wherever you go, even at funerals.
 12. You dumpster-dive for discarded bulbs after commercial landscapers remove them to plant annuals.
 13. You plan vacation trips around the locations of botanical gardens, arboreta, historic gardens, etc.
 14. You sneak home a 7-foot Japanese Maple and wonder if your spouse will notice.
 15. When considering your budget, plants are more important than groceries.
 16. You always carry a shovel, bottled water and a plastic bag in your trunk as emergency tools.
 17. You appreciate your Master Gardener badge more than your jewelry.
 18. You talk "dirt" at baseball practice.
 19. You spend more time chopping your kitchen greens for the compost pile than for cooking.
 20. You like the smell of horse manure better than Estee Lauder.
 21. You rejoice in rain... even after 10 straight days of it.
 22. You have pride in how bad your hands look.
 23. You have a decorative compost container on your kitchen counter.
 24. You can give away plants easily, but compost is another thing.
 25. Soil test results actually mean something.
 26. You understand what IPM means and are happy about it.
 27. You'd rather go to a nursery to shop than a clothes store.
 28. You know that Sevin is not a number.
 29. You take every single person who enters your house on a "garden tour."
 30. You look at your child's sandbox and see a raised bed.
 31. You ask for tools for Christmas, Mother/Father's Day, your birthday and any other occasion you can think of.
 32. You can't bear to thin seedlings and throw them away.
 33. You scold total strangers who don't take care of their potted plants.
 34. You know how many bags of fertilizer/potting soil/mulch your car will hold.
 35. You drive around the neighborhood hoping to score extra bags of leaves for your compost pile.
 36. Your preferred reading matter is seed catalogs.
- And last but not least:
37. You know that the four seasons are:
 - Planning the Garden
 - Preparing the Garden
 - Gardening
 - And Preparing and Planning for the next Garden

To plant a garden is to believe in tomorrow.

- Audrey Hepburn



Salem Public Library

28 E Main Street
Salem VA 24153

Phone: 540-375-3089

Fax: 540-389-7054

Email:
library@salemva.gov

[Roanoke Valley Libraries
Online Library Catalog
www.rvl.info](#)

[Roanoke Valley Libraries
e-Books & e-Audiobooks
rvl.overdrive.com](#)

WE'RE ON THE WEB!

[HTTPS://
WWW.SALEMVA.GOV/
DEPARTMENTS/SALEM
-PUBLIC-LIBRARY](https://www.salemva.gov/departments/salem-public-library)



Scan this QR code
to see our calendar
of events

ABOUT THIS NEWSLETTER: This free, weekly (during the pandemic) newsletter is intended for people over 50 and their caregivers.

SUBSCRIPTION INFORMATION: If you would like to subscribe to our newsletter, please let us know by either:

- Calling the library between 10:00 a.m. and 4:00 p.m. each day OR
- Email us at library@salemva.gov OR
- Fill out the information below and mail it to us.

Print copies will be available in our lobby between 10:00 a.m. and 4:00 p.m. each day and we will post a link on our website to view this newsletter online.

Specify below how you would like to receive your subscription to this newsletter along with your contact information.

☐ Postal Service Mailing address: _____

☐ Email Email address: _____

LIBRARY SERVICES/EVENTS BEING OFFERED AT THIS TIME:

CONTACT FREE PICK-UP is available in our front lobby every day from 10:00 a.m. to 4:00 p.m. for picking up requested items. Please call before heading to the library so that we can check out your items before you get here. *Thank you!*

LEAVE IT TO A LIBRARIAN For Adult Fiction: *The library is closed and you don't want to spend hours browsing the online catalog?* Call us, email us, or click the link on our website home page to give a hint or two (genre, authors you like). Tell us how many books you want. We'll fill a bag and leave it in the front foyer for you.

2020 READING CHALLENGE: Earn prizes for reading! Open to all ages. Call us, email us, or click the link on our website home page for more information.

SOCIALIZE WITH US! ON FACEBOOK, GOODREADS, OR INSTAGRAM—Click on the icons near the bottom of our website home page.

Helpful Resources—Local

**Source for Reliable Outbreak
Related Information**—Virginia
Department of Health
<https://www.vdh.virginia.gov/>

Mental Health Support
Blue Ridge Behavioral Healthcare
24-Hour Crisis Services:
540-981-9351
Initial Visit: 540-343-3007

Food Support
Salem Food Pantry
915 Union Street, Salem, VA
540-389-6938

Feeding America Southwest VA
1025 Electric Road, Salem, VA
540-342-3011 x7021

VA Department of Health
Text “food” or “comida” to
877877 to learn about the near-
est local feeding sites.

Internet/WIFI
Free Public WIFI is available at
the Salem Farmer's Market and
the Salem Library's parking lot

Print/Copy/Fax /Notary Services

The UPS Store 540-387-0077
1329 W Main Street, Salem VA

Utility Assistance

Salem, Roanoke County Social
Services, 220 E Main Street,
Salem, 540-387-6087

Local Office on Aging
4932 Frontage Road NW,
Roanoke, VA, 540-345-0451
Services provided on site